Let's

Get Crewsin' IN March!

Crews Into Shape – 2
National Nutrition Mo
Exercise & Nutrition Prog

Your Command Logo Here

What is the Crews Into Shape Challenge?

The NMCPHC Health Promotion and Wellness Program will hold its 16th Annual Crews Into Shape Challenge in March 2016 in conjunction with National Nutrition Month® and Navy Nutrition Month. Crews Into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits a ables, and engaging in o y activities. DoD family me an participate on a NMCPHC team.

When Do I Register?

Team deadlines to register is 5 March 2016, and i wide challenge will take place 6 March – 2 April 2016.

How Do I Register?

1: Recruit between 2 and 10 team members and name the team..... Then **register your team today!**

2: Visit the Crews Into Shape Quick Start Checklist for Crew Leaders Web page: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-crew-leaders.aspx.

- Option 1: Create your Crew using the webtool (CaC card needed by the Crew Leader and all crew members):
  https://nmcpeh-hpwebsvr.med.navy.mil/crews/Index.aspx
- Option 2: Complete the top portion of your Crew Worksheet and email it to:
  usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-crewsintoshape@mail.mil

"Crews" Website: HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/CREWS